IF YOU THOUGHT NEWMAN WAS AN EVIL CHARACTER ...

JUST WAIT UNTIL YOU SEE WHAT WAYNE KNIGHT IS DOING ON "EXES." PAGE 12

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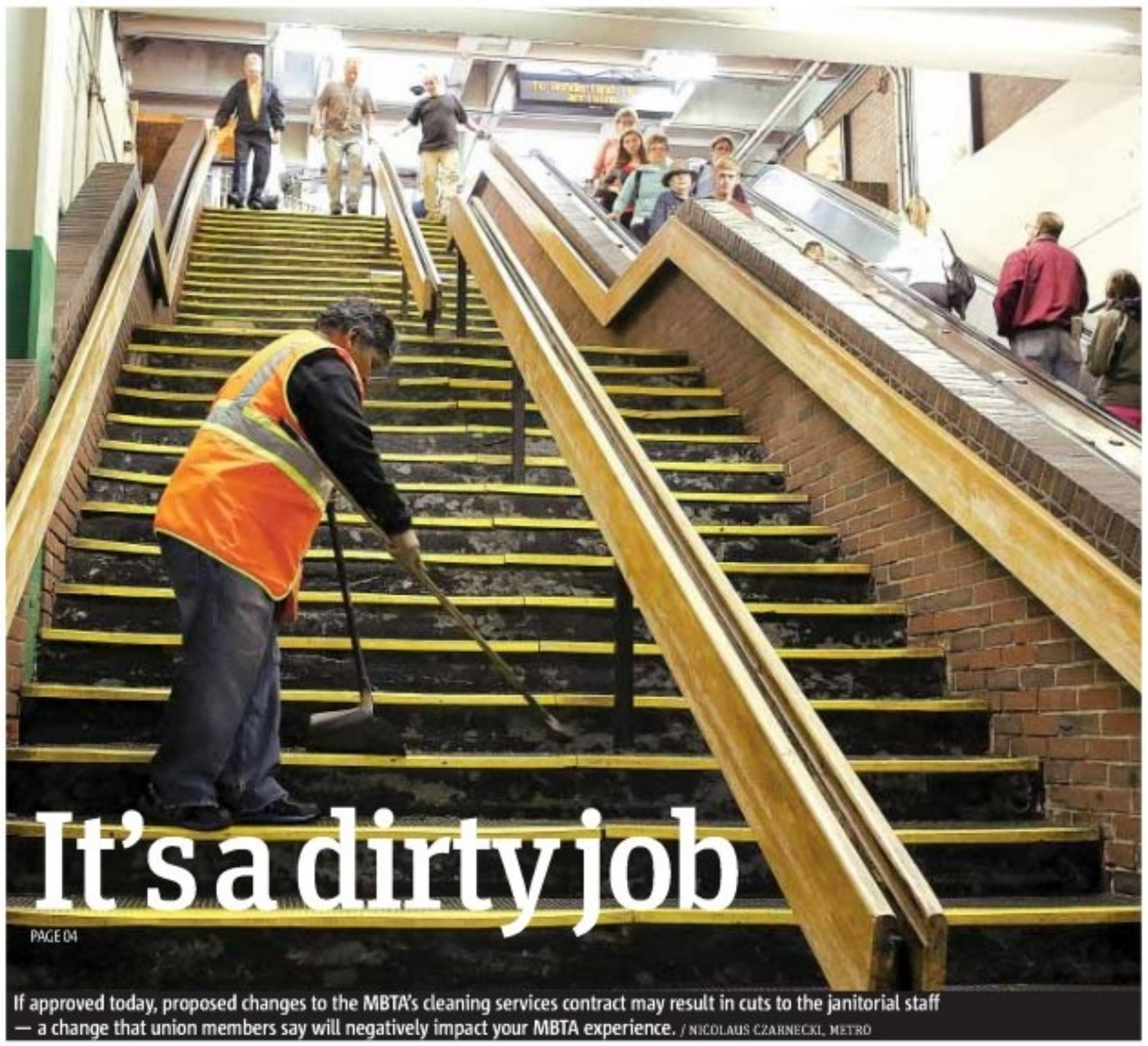
BOSTON Wednesday, June 19, 2013 www.metro.us | t: MetroBOS | f: MetroBoston



It's a dirty job

PAGE 04

If approved today, proposed changes to the MBTA's cleaning services contract may result in cuts to the janitorial staff — a change that union members say will negatively impact your MBTA experience. / NICOLAUS CZARNECKI, METRO

Mobster: 'We were up to our necks in murders'

The trial continues. Convicted hit man John Martorano testifies that alleged mob boss James "Whitey" Bulger made him murder his close friend. **Triggerman.** Jury hears first testimony describing alleged killer Bulger pulling the trigger. PAGE 02

Pop some tags: Refine your thrift shop finds

PAGE 14

Bruins, Rask two wins away from Cup

PAGE 21

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NEWS

Top 3

What's trending online at Metro.us

1 VIDEO: Man rages at Wendy's employees for putting cheese on his hamburger

2 Chicago radio tweets rape joke during Stanley Cup game

3 Live Blog: Updates from the Whitey Bulger trial

Today's tweet

"Here comes the rain again - raining in my head like a tragedy #rain #boston @ annielennox"

@producerjesse used music to express his weather frustration.

Mission Hill attacks

Barry
SUFFOLK DISTRICT ATTORNEY'S OFFICE

More charges for NU student

More charges were filed yesterday against a Northeastern University student who is allegedly responsible for attacking women on Mission Hill.

Patrick Barry, 21, was additionally charged with assault with intent to rape and other charges, authorities said.

Two women were attacked in separate incidents along Huntington Avenue early Saturday.

Barry was arraigned on the first attack yesterday. METRO

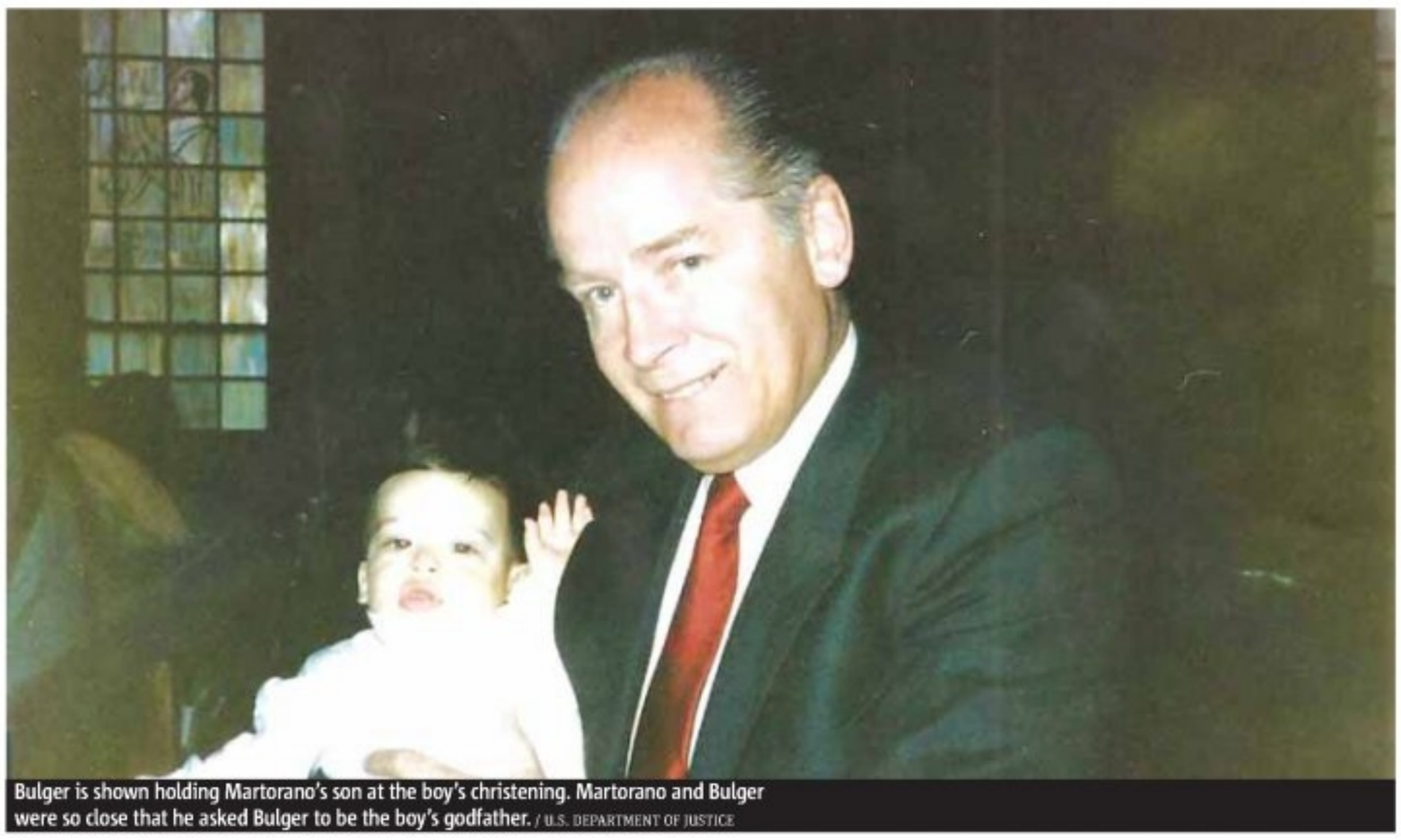
Playoff payoff

Ticket scammer dupes woman

A Cambridge woman is out of $550 after she was duped by a scammer who sold her phony Bruins playoff tickets.

The 55-year-old woman called police Saturday and reported that she answered an ad for Stanley Cup tickets, then met the seller at a store on Massachusetts Avenue to pick them up, the Cambridge Chronicle & Tab reported.

After the exchange, the woman called the TD Garden box office, which confirmed the tickets were fake. The transaction was caught on tape, the woman told police. METRO



Bulger is shown holding Martorano's son at the boy's christening. Martorano and Bulger were so close that he asked Bulger to be the boy's godfather. / U.S. DEPARTMENT OF JUSTICE

Witness says Whitey made him kill friend

Bulger trial. The cross-examination of hit man John Martorano began yesterday.

As of 1982, by his own count, John Martorano had killed 19 people.

There was one more to die before Martorano stopped, and it was a friend whom James "Whitey" Bulger said had to die.

"I didn't want to do that, but I finally agreed to do it," Martorano said. "We were up to our necks in murders already. This is what they wanted. They convinced me."

Martorano, the 72-year-old former member of the Winter Hill Gang who has confessed to the killings, recounted that story yesterday while testifying for a second day in Bulger's trial.

The murder involved John Callahan, Martorano's friend and the former president of World Jai Alai in Florida. Martorano had assassinated a man for Callahan, and Bulger had gotten information from his corrupt FBI handler, John Connolly, that federal agents were trying to make Callahan turn on his friends and confess.

"It was two against one, and it was the three of us, so I finally agreed," Martorano said of being outvoted by Bulger and gangster Stephen Flemmi.

The killing ordered by Bulger was just one of many other murders Martorano discussed. He also recounted the murder of Edward Connors, whom Martorano said was gunned down in a Morrissey Boulevard phone booth by Bulger and Flemmi.

It was the first time the jury heard a witness explain that Bulger himself pulled the trigger.

Cross-examination

Bulger's lawyer tried to blunt the multiple murders recounted by Martorano.

- "Everybody else planned this," Martorano said. "It isn't like Whitey and Stevie didn't get a part of it."
- "Who pulled the trigger?" Brennan asked.
- "I pulled the trigger," Martorano said.
- He returns to the stand today.

MICHAEL NAUGHTON
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Bad banker. Woman stole $100K from elderly man

A former personal banker from Chelsea yesterday pleaded guilty to stealing more than $100,000 from an elderly man and concealing her income in order to receive rent subsidies, officials said.

Eden Cato, 30, was working as a personal banker at a downtown Boston Bank of America when she embezzled $103,253 from a 73-year-old customer. Cato also admitted to concealing her income to get subsidized rent. Prosecutors said she paid $9 per month for housing.

She was sentenced to two years, which will be suspended for seven years. MORGAN ROUSSEAU

Violence prevention

YMCA, police partner for cookout

Boston police will partner with the YMCA in Roxbury on Friday for the first in a series of cookouts to connect with the community and to help stem the surge in summertime violence. GLOBE

MBTA spending. Report claims T is overstaffed

The MBTA spends more than twice as much maintaining its buses as comparable transit agencies, and would save at least $250 million over six years by running its bus maintenance operation differently, according to a new study that the T disputed.

The Pioneer Institute claims the MBTA is overstaffed and overpays its employees when compared to other transit agencies.

"Anyone with knowledge of the T's financial situation is well aware that competitive wages are not the cause of the MBTA's structural deficit," said T spokesman Joe Pesaturo. SHNS

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T janitors union peeved with proposed contract

Dirty jobs. The MBTA will vote on a cleaning labor agreement that could cut staff.

A local janitors union that represents the majority of the MBTA's cleaning staff is concerned that a proposed contract would cut an estimated 30 percent of the T's cleaning staff, eventually reducing it from 315 janitors to 225.

The MBTA Board of Directors is expected to vote on the proposal today. If approved, SEIU Local 615 insists that public transit riders will "see, feel and smell the effects of dirtier stations."

"From our perspective, we can't see how the T riders cannot see the cuts. It will be a very substantial reduction in staff," said Ingrid Nava, general counsel for SEIU Local 615, adding that bidders would only have to maintain current employment levels for one year.

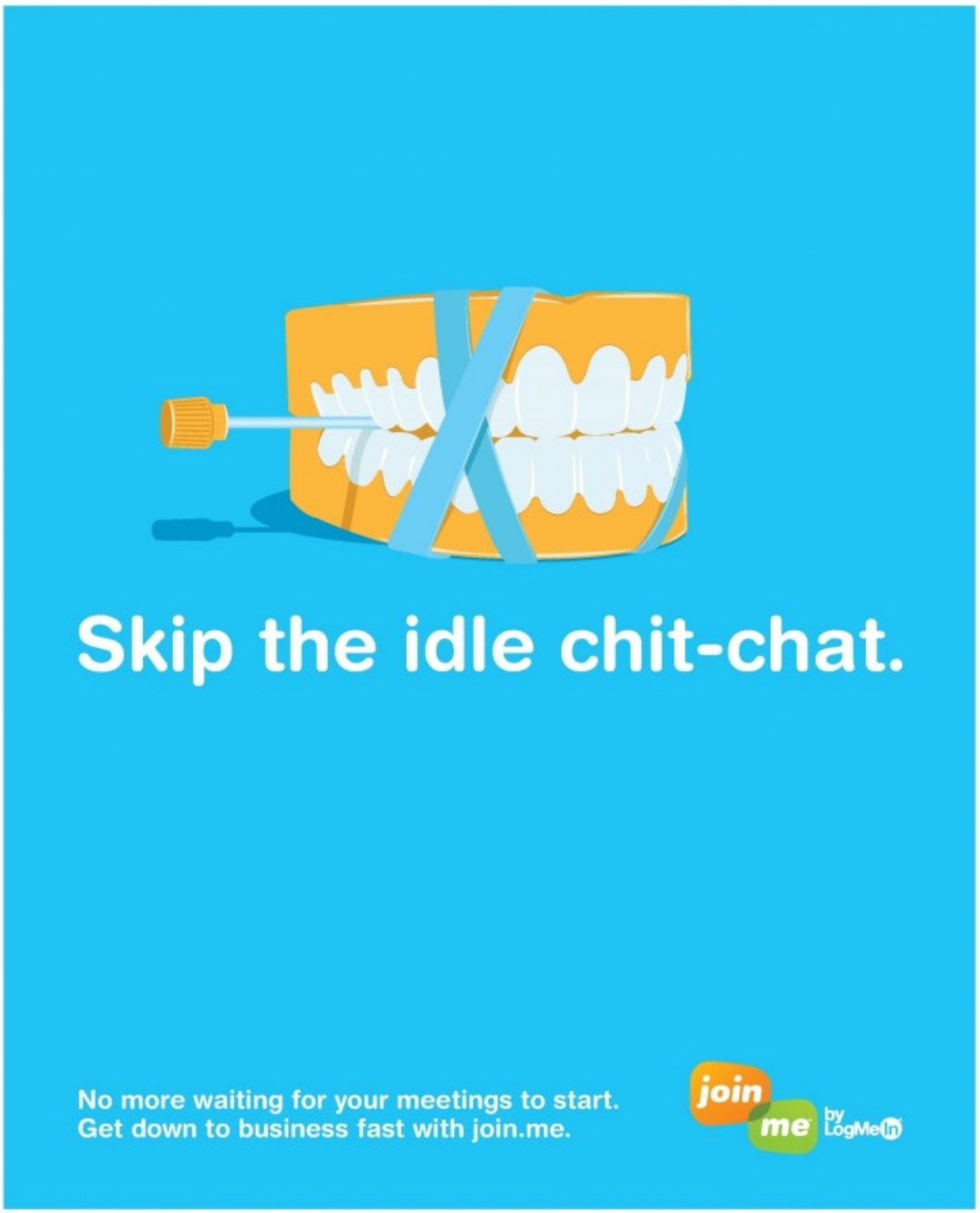
"The MBTA … is now drastically destroying the good jobs. The bids that are in call for massive cuts in year two," she said.

Transit officials argue that the new contract would be good for the system.

T spokesman Joe Pesaturo said the changes aim to save money, but will also provide "a cleaner and safer environment for employees and customers."

MORGAN ROUSSEAU
morgan.rousseau@metro.us

A janitor sweeps up along the Green Line yesterday. / NICOLAUS CZARNECKI, METRO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Tech tax

Changes sought to cell taxing

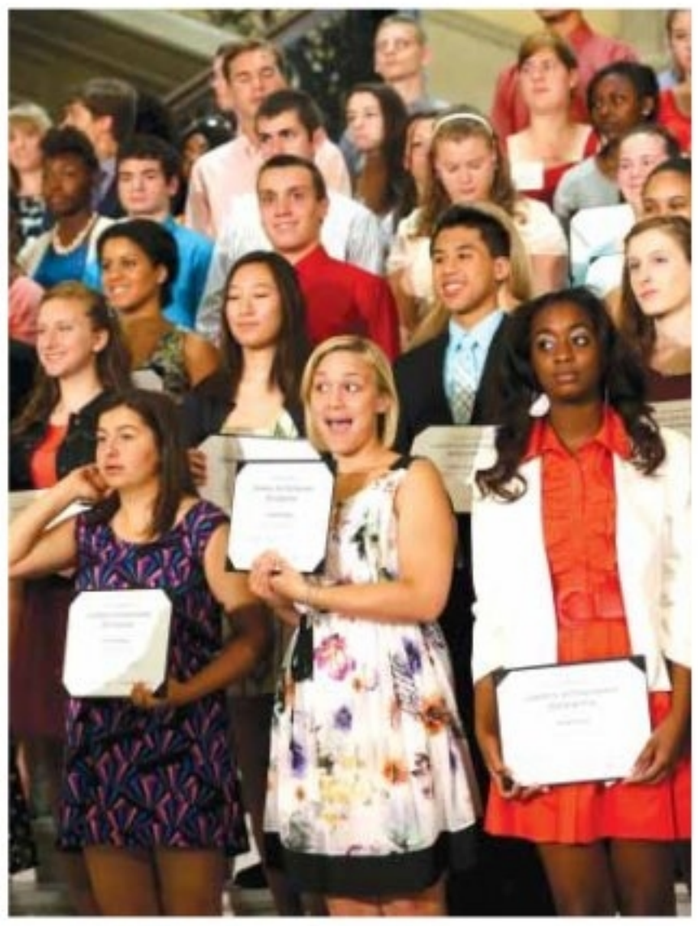
State representatives yesterday sought a change in the law that determines the sales tax on cellphone purchases.

Currently, providers often offer deep discounts on cellphones if they are bundled with a service agreement, but customers pay the state's 6.25 percent sales tax on the value of the phone rather than its cost at the register. SHNS

Averting tragedy

Patrick reflects on Marathon bombings

Gov. Deval Patrick said yesterday nothing he has learned about foreign intelligence, or the breakdown in communication between national security agencies or the Russian government, has convinced him the attack could have been averted with better information sharing. SHNS



Scholarships for seniors

Ninety-seven high school students from across Massachusetts were gathered on the Grand Staircase at the State House yesterday to receive $1,000 "leaders and achievers" scholarships from the Comcast Foundation. One lucky high schooler received an extra $10,000 scholarship from the foundation. State Treasurer Steve Grossman was in attendance. / NICOLAUS CZARNECKI, METRO

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Historic upgrade

Alvah Kittredge House in Roxbury to get restoration

The historic Alvah Kittredge House in Roxbury, which has been vacant and deteriorating for the last 20 years, will be restored and reopened, the city recently announced.

The house, located on Linwood Street, was built in 1836 for First Parish Church deacon Alvah Kittredge, a prominent businessman.

The city has been a longtime advocate of preserving this landmark, committing $500,000 to create affordable housing on the property.

The structure will offer five two-bedroom units, including two affordable units. METRO

T-Alerts. Thousands signed up for new alerts, but officials want more

About 10,000 MBTA passengers have signed up for the transit agency's new and improved T-Alerts system since it launched two weeks ago, but officials said they are pushing hard to get more riders on board.

The new system required passengers to re-register for service updates. About 65,000 passengers were signed up for the old T-Alerts system, which officials said was not as detailed or timely as the new one.

"We want as many people as possible to use it," said MBTA Chief Technology Officer Gary Foster, who added that officials are still working on improvements based on user feedback.

Voicing opinions

T-Alert users have spoken. According to Foster, many of them want to get updates on individual Green Line branches.

- "As a former Green Line rider, I think that's a pretty good idea. It's something we didn't have in the past, but we're looking to add it. That refinement will be really useful," he said.

"All feedback is welcome," he said. "This is the T."

To sign up, visit www.mbta.com.

MORGAN ROUSSEAU

Controversial mural coming down soon

The Os Gemeos mural in Dewey Square is coming down soon and, according to the The Institute of Contemporary Art, officials are mulling ideas for another mural. "We share the commitment of the Rose Fitzgerald Kennedy Greenway Conservancy, the Boston Arts Commission and MassDOT to bringing engaging public art projects to Boston," said Colette Randall, an ICA spokeswoman. "We are currently in preliminary conversations with our colleagues at these organizations about a new Greenway mural." / NICOLAUS CZARNECKI, METRO

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OUTSIDE THE BOX

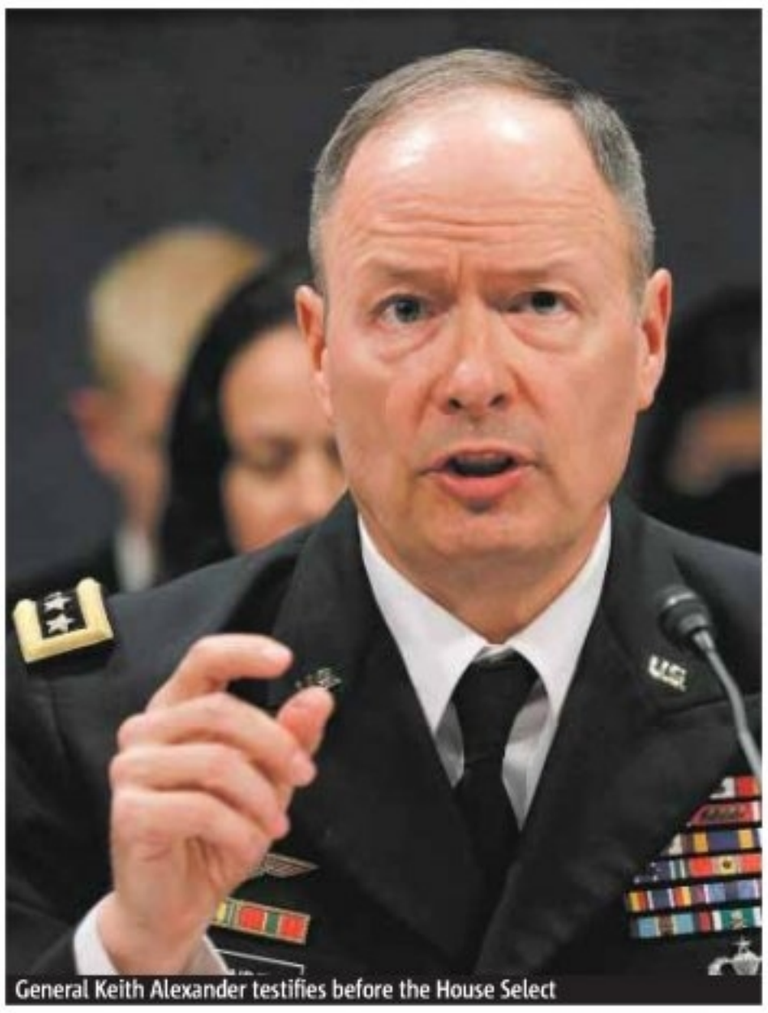
NSA: Programs have halted more than 50 acts of terrorism

Classified. The NSA is protecting residents from terrorist attacks on American soil.

General Keith Alexander, the director of the U.S. National Security Agency, said yesterday the NSA's data-gathering programs had prevented potential terrorist attacks more than 50 times since Sept. 11, 2001.

"In recent years these programs, together with other intelligence, have protected the U.S. and our allies from terrorist threats across the globe to include helping prevent ... potential terrorist events over 50 times since 9/11," he said in testimony to the U.S. House of Representatives intelligence committee.

Alexander said the intelligence agencies would give documents about those cases to the committee for its review in a classified setting today, and that he would discuss two thwarted plots during his testimony yesterday. REUTERS


General Keith Alexander testifies before the House Select

Snowden to Iceland?

Leaker makes an informal approach seeking asylum

Iceland has received an informal approach from an intermediary who says NSA whistleblower Edward Snowden wants to seek asylum there.

Snowden made headlines after leaking details of a government surveillance program to two newspapers.

In a column in Icelandic daily Frettabladid, WikiLeaks spokesman Kristinn Hrafnsson wrote that a middleman had approached him on behalf of Snowden. REUTERS

Recent poll. US airlines improve performance, but still get low marks

Consumers are more satisfied with airlines in recent years, but the industry still gets relatively low marks — mainly due to the onboard experience, according to a new customer poll.

The American Consumer Satisfaction Index — which surveys some 70,000 U.S. customers annually on more than 40 industries, ranging from apparel and hospitals to banks and insurance — found only television and Internet service providers ranked lower. It found that full-service and fast-food restaurants, hotels and shipping companies provided consumers with a better experience.

But ACSI said airlines were making progress, ranking 69 on a 100-point scale REUTERS

Certain aspects of air travel were rated better than others. / GETTY IMAGES

Dear Brad: Please cut your hair. Love, women everywhere

Brad Pitt (or is that a member of The Allman Brothers?) attended the New York premiere of his new movie "World War Z" on Monday night.

I think I speak for women (and mothers) everywhere when I plead: Brad, please do something with that hair of yours. You have such a pretty face!

Scott Disick is Patrick Bateman

With his product-coated hair, steely gaze, love of high fashion and dead soul, Scott Disick has channeled a distinct Patrick Bateman vibe for years.

Now, fellow Kardashian baby daddy Kanye West is capitalizing on this eerie resemblance in a new promo for "Yeezus." Disick portrays the Bret Easton Ellis character in the famous "American Psycho" scene where Bateman listens to Huey Lewis with a friend — with bloody consequences.

Brand divorced via text

Russell Brand apparently divorced Katy Perry via text.

"He's a very smart man, a magical man, and I was in love with him when I married him. Let's just say I haven't heard from him since he texted me saying he was divorcing me," the singer revealed in a new interview with Vogue.

As for her rebound with John Mayer? "It's over," she said. "Beautiful mind, tortured soul. I do have to figure out why I am attracted to these broken birds."

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Munn's eyelash problem

In 2012, Olivia Munn made an announcement about suffering from trichotillomania, an anxiety disorder in which the sufferer pulls out his or her own hair. And according to a new interview with Marie Claire, she is still trying to overcome it.

When asked what she's working on, she replied, "Trying to overcome my social anxiety. … It's manifested in trichotillomania, a disorder that gives me the urge to pull out my eyelashes."

Chastain doesn't need arm candy

Jessica Chastain wants to keep her personal life personal. "When someone [in the press] asks me about my dating status, I get really quiet. … I want to protect it," the "Zero Dark Thirty" star tells E! News. "Seeing all these interviews with actors talking about loves of their lives and then they break up in a year … then you forever have these pictures of you standing on the red carpets."

Right! But that helps when I write about their divorce (see Brand and Perry item, left).

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Elizabeth Banks isn't thrilled about summer, and Amanda Bynes is having some work done.

@ElizabethBanks: We all hate swimsuit shopping, right?

@AmandaBynes: I'm in between nose surgeries! My eyes are black and blue because my nose is broken! I can't wait for my nose to be done! I'll share pics!

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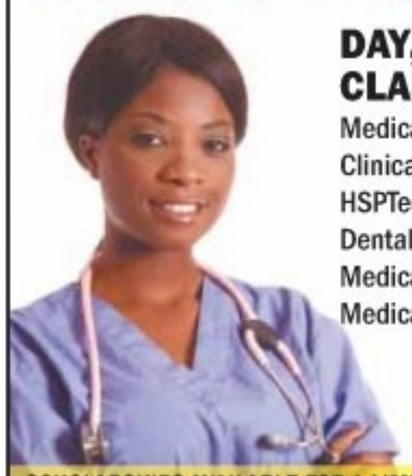

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Hello, Newman

Interview. Wayne Knight discusses doing sitcoms and being more versatile than his "Seinfeld" image (he hopes).

TV LAND

Wayne Knight's legacy is secure, thanks to two major contributions to 1990s culture: Newman on "Seinfeld" and greedy Dennis Nedry in "Jurassic Park." Knight is back with sitcom work on TV Land's "The Exes," starting its third season tonight at 10:30 p.m. But like many longtime workhorses, there's more to him, including films and Broadway.

What's it like returning to sitcoms?
Basically, the nature of the job is equivalent to stealing. Once you've learned how to pilfer, you remember how to do it, it's highly profitable and it takes little effort. The great thing that TV Land does is, it hires veterans. Everybody knows what they're doing.

You've said one thing you like about your "Exes" character is he's a bit opaque, and you can play him in different ways.
This season, we get to see a bit more variance. We peel away revelations about what his marriage was like. There's depth to him that doesn't show all the time. There's broadness at times.

Q&A

You started as a serious stage actor.
I came to New York at 23 and was on Broadway for this play "Gemini," which was a comedy. I honed my chops over three years of doing that play. What was fascinating to me was learning how an audience works. You just learn these things about comic timing. And that grandfathers as you go, from one job to another job.

There's cynicism. It depends on the plot.

Do you consciously try to avoid some of the darker tones of Newman?
I don't know if I'm as versatile as I'd like to pretend. [Laughs] The thing is, if you play two iconic characters who are evil guys, if you do it well, then that's what people want to see you do. I spent 10 years trying to change that, but after awhile you just go, "Oh, whatever."

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Chestnut Hill's swanky new Street

Luxe. A new super cinema ups the area's real-estate ante.

In a real-estate face-lift extreme enough to rival one of Joan Rivers' many nip-and-tucks, a fading Chestnut Hill mall has transformed into an expansive, upscale shopping center, called simply and authoritatively The Street.

Following a steady stream of spring retail openings in the area, on June 11 The Street welcomed Showcase SuperLux, a huge luxury cinema (and sister venue to the theaters in Randolph and Dedham) with amenities including a cocktail bar and fine dining by way of Davio's Cucina.

The addition of the swanky new cinema is a particular boon for the neighborhood, as its appearance brings art, culture and entertainment, along with drinks and dining, to the area.

"We were looking for a prime location with no entertainment competition," said John Bilsborough, chief of operations for National Amusements, which owns Showcase SuperLux. "When The Street was presented to us by our longtime partner, Jeremy Sclar of WS Development, we knew that we had found the perfect site."

The new cinema offers entertainment, dining and drinking. / WS DEVELOPMENT

Quoted

"It's putting up home values. Without a doubt, it's a bonus to the area. The only negative is the traffic increase. But that's everywhere, as the population continues growing."

Newton native Dan Demeo

Until recently, affluent Chestnut Hill — a suburban "village" six miles west of Boston which comprises parts of Newton, Brookline and West Roxbury — had little to offer in terms of nightlife and entertainment. It did, however, boast shopping at The Mall at Chestnut Hill and the Atrium mall, though the latter is now all but shuttered.

"I was in there with my son and it was like a ghost town," Newton native Dan Demeo said of the Atrium.

Demeo, a real estate broker with RE/MAX Leading Edge, sees The Street as a big selling point for Chestnut Hill's already pricey residential real-estate market.

"It's putting up home values. Without a doubt, it's a bonus to the area. The only negative is the traffic increase," adds Demeo of car-choked Route 9, which bisects Chestnut Hill. "But that's everywhere, as the population continues growing."

LINDA CLARKE
letters@metro.us

PLUS

Word on the Street

The Street isn't seen as competition with existing businesses — it's a welcome spruce-up. "A significant portion of our business has always been regular guests," says Jeffrey Gates of Boston restaurateurs, the Aquitaine Group. Aquitaine Chestnut Hill opened at the site 12 years ago. "With the opening of The Street, we have seen a significant uptick in new faces dining at Aquitaine."

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DIY furniture makeover

See more at www.metro.us

Decor. Transform a set of chairs or a desk into a work of art.

Before you toss that hand-me-down dresser, Barb Blair suggests you try giving it a paint job. In her new book, "Furniture Makeovers," the artsy designer and founder of Knack Studios arms aspiring DIY-ers with knowledge, courage and easy-to-follow instructions.

"One of the biggest things I hear from people is, 'I'm so afraid to do that to this piece,'" says Blair. "That's what I tried to dispel with the book. I wanted to take away the fear of painting furniture. It takes some time, yes … but it's not rocket science." Here, she shows us how to spruce up curbside mirrors.

Tips

Knobby needs

"For changing out knobs, which I always feel is a must, hit up the sale section at Anthropologie, where you can find great ones for $2 and $3," says Blair. "Hobby Lobby and World Market are other good sources."

Q&A

Why should people reimagine an old piece of furniture?

So many people come to me and say, "I've had my grandpa's or grandma's [furniture] in storage for 10 years." And then they see my book and say, "Oh, that's the exact same piece I've had in my attic." And if it's your grandpa's piece and it's sitting in your attic, you're not enjoying it. If you bring it down and DIY it and stick it in your foyer or bedroom and love it, by all means do it.

TINA CHADHA
tina.chadha@metro.us

Additional tips

- Use a medium sanding sponge to sand down whatever piece you want to paint, whether it's a dresser, stool or desk. "I prefer sanding sponges over paper because they're easier to hold," says Blair.
- Hit up the Oops paint section at Sherwin-Williams or Home Depot for cheap options. "They always have a section where they mixed the wrong color of paint or the customer didn't like the color once it was mixed, and so a gallon of paint is around $5. Some of my best colors come from the Oops pile."
- "I am pretty particular about my paintbrush," confesses Blair. She uses Purdy nylon brushes for latex paint. "They're really soft, and they make a huge difference."
- And if you're doing a big job, Blair says to roll the flat surfaces with a foam roller. "It's absolutely seamless and smooth."

Project: mirror, mirror on the wall

From "Furniture Makeovers" by Barb Blair

Mustard Mirror

- Removed the wooden attachment frame and wood-filled the side holes
- Applied milk paint with a Nylox paintbrush
- Sanded to remove all loose flakes
- Applied a clear wax finish

Green mirror

- Removed the long attachment pieces from the back of the mirror so that the mirror would have a nice straight line on the bottom
- Wood-filled the holes
- Applied Knack custom green paint in latex ("This is a color that I mixed, and have named it Esme Green after the first piece I used it on," Blair says.)
- Lightly sanded and finished the surface in a brown wax

Gray Mirror

- Lightly sanded
- Applied gray latex paint with a Nylox paintbrush
- Sanded and distressed
- Applied brown wax finish

Turquoise Mirror

- Wood-filled the side holes and applied turquoise latex paint with a Nylox brush
- Sanded and finished the surface with brown wax
- Attached hardware for hanging

Beauty is in the details

"If I'm doing a desk or chest of drawers, I love to line them with a fun paper that coordinates with the paint and the knob. It's nice when you open your drawers and see a pretty pattern. Details are just something I pay a lot of attention to."

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Builders' confidence good sign for market

Real estate. The housing recovery is gaining traction.

Confidence among U.S. homebuilders surged this month, staging its biggest gain since 2002 in one of the strongest signs yet that the housing recovery is gaining traction.

A majority of homebuilders say conditions for new construction are favorable, rather than poor, for the first time since the housing crisis began seven years ago, according to a closely watched index released on Monday.

Executives in the homebuilding industry say a steady rise in home prices, tighter inventories of properties up for sale and a slowing trend in foreclosures have helped the housing market regain its stride over the past year.

Even so, the big jump in confidence registered this month by the National Association of Home Builders/Wells Fargo Housing Market index was surprisingly robust.

Pete Flint, chief executive of online real estate company Trulia, said conditions were just right for confidence to blossom, with supply of available homes still trailing a rising tide of buying sentiment.

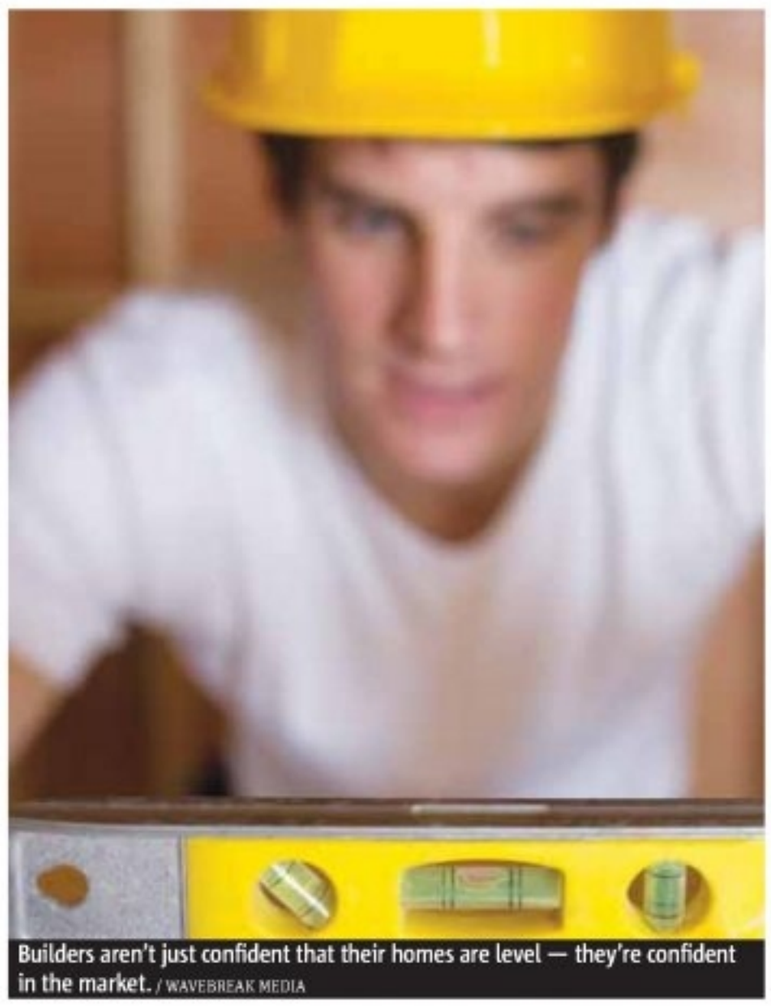
"We are in the early days of a real-estate market recovery," he said. "The supply of homes for sale is still relatively small because sellers are reluctant to list in a rising market. They want to sell at the top."

And there's good reason for further bullishness, said Stan Humphries, chief economist from Zillow, an online real-estate company, because annualized new-home sales aren't even back to their historical average.

"At this point, I suspect many of the constraints preventing builders from building faster are logistical and land-related versus concerns about future demand," he said.

Flagging a more robust outlook for profits, the stronger-than-expected data buoyed homebuilder shares. But investors were mostly focused on whether the Federal Reserve would reinforce its commitment to supporting the economic recovery at its meeting yesterday and today. The market wants clues from the Fed on when it would start cutting back on its $85 billion in bond purchases every month.

Those purchases have stimulated the economy and kept mortgage rates near record lows in recent years. While a recent spike in market rates has raised concerns about the headwinds that might affect the recovery, home loans remain cheap by historical standards — a trend that bodes well for the market. REUTERS



Builders aren't just confident that their homes are level — they're confident in the market. / WAVEBREAK MEDIA

Quoted

"The supply of homes for sale is still relatively small, because sellers are reluctant to list in a rising market. They want to sell at the top."

Peter Flint, chief executive of online real estate company Trulia

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Divorce and Real Estate

By Attorney George Warshaw

If often happens in the course of a divorce that one party wishes to retain the house and buy the interest of the other.

Any agreement reached between the spouses should be done with the advice of attorneys. There are not only practical reasons but a legal reason as well.

In Massachusetts, the filing of a divorce action operates as an automatic restraining order against the transfer of property. If one party has a lawyer and the other doesn't, an agreement between spouses to purchase and sell the house may be challenged and possibly discarded.

Usually in a divorce the selling spouse is expecting two things: first, to be removed from any existing mortgage loans and second, to eliminate the mortgage debt from his or her credit record as a current obligation.

There are two ways this can be done.

The lender can release its lien (though many lenders will refuse to do so) or the purchasing party can refinance the mortgage. My personal preference is refinance.

Simply releasing a person from a mortgage should, in theory, also change one's credit report and result in clearing the debt from the report. I do not trust all banks and lenders to notify the credit bureau when a lien is released in this way. A refinance is a simple way of assuring that it will happen.

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George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com

Blake Lively knows that staying safe in the sun can be fashionable.
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Don't be shady, wear the right sunglasses

Tips. The art of choosing a pair of sunnies goes beyond what looks good on you.

When it comes to eye health, most damage comes from UV light and, during summertime, when we spend more time outside, the risk greatly increases.

"Sunlight literally cooks the retina," says optometrist Dr. Rupe Hansra, LensCrafters' senior director of eye care. "Over time it becomes yellow and hard, and we begin to lose good vision."

Wearing sunglasses yearround protects the retina from damaging UVA and UVB light and can help delay the onset of cataracts, macular degeneration and even basal cell carcinomas on the eyelids.

"The most common part of the body for skin cancer is the tip of the nose," Dr. Hansra says. "The second is the lower eyelid, which is very delicate and susceptible to sun damage."

So how do you choose a good pair? Here are Dr. Hansra's tips:

Quoted

"The most beautiful thing about sunglasses, as a doctor, is that if I tell someone they have glaucoma, 50% quit taking their medication after six months. But when I tell people they should wear sunglasses, they love it. They see Brad Pitt or Angelina Jolie in a magazine wearing sunglasses; it's fashion."

Dr. Rupe Hansra, LensCrafters' senior director of eye care

Just like sunscreen, look for a number

"For eye protection, a label that says UV 400 is what people should look for on sunglasses," he says. Not sure about your glasses' protection level? Your local LensCrafters or optometrist can test the UV prescription.

Size counts

"Typically, bigger is better. Choose large sunglasses that wrap around and block extraneous light coming from the side."

Get 'em polarized

"For driving, everyone should wear polarized sunglasses to cut down glare, which is related to so many accidents. Polarized sunglasses not only save your eyes but could save your life, too."

LINDA CLARKE
letters@metro.us

30-second lifesaver

In this new weekly section, we'll have an expert give us one easy tip that can change your life. This week's comes from Dr. Linda Franks, medical director of NYC's Gramercy Park Dermatology and spokeswoman for The Skin Cancer Foundation. She echoes the sun safety sentiment.

- "Protect your scalp, face and neck from the sun's harmful ultraviolet rays with tightly woven, wide-brimmed hats and UV-blocking sunglasses."

More info

What is macular degeneration?

Macular degeneration is the deterioration of the macular, which contains the eye's highest concentration of cells and is where color and 20/20 vision occurs. Besides UV light, genetics and smoking, obesity hastens its decline: "Diet and exercise play a huge part in eye health," Dr. Hansra says. "I always tell patients, what's good for your heart is good for the eye. Beta-carotene, omega-3s and, most of all, lutein keep eyes healthy. Lutein is found in green, leafy vegetables like spinach and kale and most berries, too."

Pupil pointers

A recent report from the Healing The Eye & Wellness Center in Florida said that sunglasses harm vision by interfering with pupil dilation, which happens naturally to protect the macular in harsh light. But this isn't something to worry about, Dr. Hansra says.

"When you wear sunglasses your pupils dilate slightly," he says. "As long as you have sunglasses with UV 400 protection, pupil dilation isn't a concern."

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5 TIPS FOR BUILDING A BETTER SALAD

If you're on a summer mission to eat light and healthy, choosing a veggie-packed salad certainly seems like a no-brainer. But beware — salads can pack more calories and fat than you think. A classic Cobb salad with chopped bacon, egg, blue cheese, avocado and creamy dressing can cost you more than 1,000 calories and 80 grams of fat! For some people, that's more than half their day's worth of calories. With that said, don't give up on salads — just follow these strategic steps and you'll chow down on a slimming and scrumptious meal that fills you up, not out.

Joy's Healthy Bite
JOY BAUER, MS, RD
WWW.JOYBAUER.COM
Health and Wellness expert for the 'Today' show and New York Times best-selling author.

Start with a strong foundation

Up the nutrition ante by choosing a base for your salad that provides important nutrients like folic acid, iron, beta carotene and lutein. Nix anemic iceberg and instead go for mesclun greens, baby spinach or a spring mix that includes a variety of dark green lettuces. For less than 20 calories per 2-cup serving, you're already off to a great start.

Pile on the veggies

Take advantage of fresh vegetables and load them on top of your greens — at 25 calories or less per 1/2-cup serving, you can't go wrong. Choose a variety of colors to get the most health benefits — red bell peppers, broccoli, carrots, sugar snap peas, cucumbers and red onions are all great choices. Stick with raw, steamed, grilled or roasted vegetables and steer clear of anything fried or swimming in oily marinades.

Don't forget the protein

Your salad becomes a meal when you add the protein. If you're opting for animal protein, select a lean source such as egg whites, skinless chicken or turkey breast, water-packed chunk light tuna, wild salmon or shrimp. If you're vegetarian or just want to mix it up, choose cubed tofu, beans and/or lentils. Stay away from fatty meats like bacon and salami, and definitely skip anything fried or drenched in heavy sauce.

Dress it up lightly

Unfortunately, dressing can take a salad from light and nutritious to ferociously fattening. One tablespoon of your average vinaigrette is about 80 calories, and one tablespoon of creamy ranch is about 100 calories (restaurants use between four and six tablespoons — yikes!). Ask for the dressing on the side when ordering and whenever possible, choose light, low-calorie or low-fat options. You can also make your own light vinaigrette using one part oil and three parts vinegar with some mustard, lemon, 100 percent fruit jam or spices for added flavor.

Top it off

Choose one extra

Extras are those items that typically add another dimension and flavor to your combo of greens, vegetables and lean protein. While some of these extras are packed with nutrients, they're also packed with calories, so they should be added sparingly. Luckily, a little of these high-fat goodies goes a long way, so you won't need more than one of the following (each with between 40 and 70 calories):

- 2 tablespoons cheddar, Parmesan, goat, Swiss or feta cheese
- 1 tablespoon chopped walnuts, pecans or sliced almonds
- 1 tablespoon sunflower or pumpkin seeds
- 1 ounce avocado
- 10 small olives
- ¼ cup croutons
- 2 tablespoons dried cranberries or raisins

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Dental Imaging Can Benefit More than Your Teeth

By Dr. Aruna Ramesh

Many people visit a dentist more often than a physician. Dentists are key members of the health care team and promote overall health as well as oral health. Using a variety of diagnostic techniques, dentists can play a key role in the early detection of systemic health conditions. In particular, dentists can take advantage of a range of diagnostic imaging tools, including traditional dental x-rays, Panoramic (broader view) x-rays, Computed Tomography (CT) scans and Cone Beam CT scans, a recent technological advancement in dental imaging.

Dental x-rays provide diagnostic information critical to improving and maintaining oral health. **Traditional x-rays** help dentists detect cavities, bone loss, impacted teeth and benign or malignant masses.

Panoramic x-rays, which show a broader field of view, allow dentists to see not only teeth, but also the surrounding jaw bones, temporomandibular (jaw) joints, maxillary sinuses (the sinuses in the upper jaw) and portions of the spine. They help dentists detect the presence of unerupted or impacted teeth (teeth that have not pushed through the gum) so that they can be extracted before any painful and harmful symptoms begin. Panoramic x-rays also can reveal anatomic variations and even cysts or tumors in the jaw that may be associated with impacted teeth, developmental abnormalities or evidence of systemic illnesses.

Systemic conditions that can affect bones also impact jaw bones and can be seen in dental x-rays. An example of a prevalent systemic disease that may be detected in dental panoramic x-rays is Osteoporosis. Affecting 55% of Americans over the age of 50, Osteoporosis often is not detected until a fracture occurs. Fractures, especially hip fractures, are common and can have serious consequences. Unfortunately, the total number of hip fractures is increasing worldwide and is estimated to reach 6.3 million in 2050. Early detection by dentists and quick referral to appropriate medical practitioners can help prevent debilitating consequences.

Cone Beam CT scans are similar to the CT scans that are typically performed at medical centers. Cone Beam CT scans make it possible to visualize teeth, bones in the face and head, and the relationships of these structures in three-dimensions. Like typical medical CT scans, Cone Beam CT scans provide extremely high resolutions that can show anatomy less than a millimeter in size. Cone Beam CT scans involve shorter scan times, lower cost and 51-96% lower doses of radiation than typical medical CT scans. Both types of CT scans are helpful with planning dental implants, orthodontic assessments, jaw joint evaluations and assessments of conditions affecting the jaws and surrounding facial skeleton.

In general, the many benefits of dental imaging outweigh the potential risks associated with exposure to radiation. Dentists try to minimize the potential risks by customizing the prescription of diagnostic imaging to patients' individual needs. Dentists' questions regarding dental imaging may be referred to a specialist in Oral and Maxillofacial Radiology.

Dr. Aruna Ramesh, B.D.S., D.M.D., M.S. is the Division Head of Oral and Maxillofacial Radiology and Interim Assistant Chair of the Department of Diagnosis and Health Promotion at Tufts University School of Dental Medicine. A specialist in Oral and Maxillofacial Radiology, Dr. Ramesh works closely with the faculty practitioners at Tufts Dental Associates, the full-service faculty practice at Tufts Dental School. Tufts Dental Associates offers a full range of dental imaging, including traditional and Panoramic x-rays, CT scans and Cone Beam CT scans.

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Horoscope

♊ Gemini | May 22-June 20.
Some exciting news is making the rounds among your friends. The buzz is likely to be about you and some exciting, significant developments.

♋ Cancer | June 21-July 22.
Some confidential information from an unexpected source could come your way. However, there's a chance you might not give it the proper importance. Don't be afraid to act on it!

♌ Leo | July 23-Aug. 22.
The impression you make on friends today is likely to be so good, everyone will have a feeling that they should be doing something special for you. Don't be surprised if one or two do.

♍ Virgo | Aug. 23-Sept. 22.
You should be exceptionally lucky in terms of fulfilling your chosen goals. Take this golden opportunity to focus on your biggest and most ambitious objectives.

♎ Libra | Sept. 23-Oct. 22.
You're likely to learn something important when trying to teach another. It behooves you to be nice to those who ask for help, and to pay attention.

♏ Scorpio | Oct. 23-Nov. 21.
Greater returns than what you would normally expect are possible from a sideline endeavor. Review what happens to see what opportunities exist.

♐ Sagittarius | Nov. 22-Dec. 21.
You tend to take on the vibes of your associates. If you hang out with someone who you feel is always lucky, his or her fortune could rub off onto you.

♑ Capricorn | Dec. 22-Jan 20.
Things are changing for the better, and it looks like you're going to get all the help you need for a critical project that you were worried you'd have to tackle alone.

♒ Aquarius | Jan. 21-Feb 18.
That tingle you feel in your chest could be a direct hit from one of Cupid's arrows. Things could get rather interesting for you in the romance department.

♓ Pisces | Feb. 19-March 20.
Don't stop being hopeful regarding the outcome of an important event. Things are getting back on course, and you're likely to start getting the results you desire.

♈ Aries | March 21-April 20.
You'll be particularly good at most anything you take on today. It doesn't matter if you want to promote, build, purchase or sell something — shoot for the big time.

♉ Taurus | April 21-May 21.
Yesterday you were likely to be better at handling small transactions than large endeavors. Conditions are reversed today, however, so think big. **BERNICE BEDE OSOL**

Letters

Have a little faith in religion

Re: 'What's faith done for anyone?' (Metro, June 18)
Letter writer Amanda Canetti asks a good question. What good is religion? I lament that so many people feel this way — they see wars over religion, they see believers persecuting others — and all because of a "matter of opinion." Yet this "opinion" can and has done lots of good for many. Homeless shelters, food pantries, Compassion International, refugee services, missionary projects (the building of houses, not converting people) are all examples of people of faith living out the loving parts of their religion. The nasty, extremist voices usually speak the loudest and give religion a bad image, while the loving voices are drowned out. They are there though, and always will be. Just look around. **ANNIE FERRIS, VIA EMAIL**

I disagree with Ms. Canetti's assertion that the "root cause of most wars is religion." Wars have historically been fought over resources, even when religion has been used to justify them. Freedom of religion is a right in America and tolerance for the beliefs and feelings of others is a part of being compassionate and understanding. Sometimes religious people forget that, but that doesn't mean the rest of us should. Christians, Jews and Muslims worship the same God and share many of the same beliefs. Most religions share the requirement that love, compassion and understanding be cultivated and that we not allow our differences to separate us. Amen to that. **LINDA WHITTAKER, VIA EMAIL**

Online

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Sudoku: Easy and hard

	3							7
	8	2	3	6		1		
							6	8
	2		1					5
1	6		8		9		3	4
3					4		7	
5	7							
		3		1	6	7	4	
2							1	

		6	9					
2					8	1		6
8				6			5	
	6		2	3				1
5			7		6			9
3				9	1		7	
	7			4				8
1		5	6					7
					9	3		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Lion, to Tarzan
6 Freedom org.
10 Gape open
14 Sing like Bing
15 Dow uptick
16 Author — Wiesel
17 Gives a rating
18 Nick and Nora's dog
19 Vaulted recess
20 Pass near Pikes Peak
21 Downplayed
24 In the middle
26 Perfume essences
27 Sofa end
28 Kind of welcome
30 DeMille movies
33 Made on a loom
34 Buy at auction
37 Vegas rival
38 Spring and ebb
39 Allot
40 Thug's piece
41 Four-door model
42 Cavalry weapon
43 Had the flu
44 Common gull
45 Trill
48 View
52 Rosetta Stone figures
55 Expected any time
56 "Cope Book" aunt
57 Roam about
58 Fountain orders
60 Senate's Harry —
61 Swear
62 Like helium
63 This one, to Juan
64 Oater backdrop
65 Yields territory

Down
1 Use steel wool
2 Really ticked
3 Water-lily painter
4 — choy
5 Grabs the phone
6 One more time
7 Autograph site
8 Diet
9 Not knowing
10 Fermenting agents
11 — Centauri
12 More prudent
13 Must-haves
22 Border
23 Like — — of bricks
25 Baylor site
28 Surfer wannabe (hyph.)
29 Level
30 Work unit
31 Few, to Pierre
32 Motel of yore
33 Extensive
34 Float along
35 Dot in the Seine
36 "The," to Wolfgang
38 Wire
39 Break of day
41 Granary, often
42 Earthshaking
43 Wear off by rubbing
44 Dashboard info
45 Stranger's query
46 Buenos —
47 Send payment
48 "Phantom of the —"
49 Ran in neutral
50 Beyond the fringe
51 Twig-and-mud homes
53 Romance
54 — Saint Laurent
59 Dijon donkey

Yesterday's answer

G	A	M	M	A	■	C	A	M	O	■	G	O	O	F
D	E	B	I	T	■	A	R	I	A	■	O	P	A	L
S	C	A	N	T	■	J	A	C	K	K	N	I	F	E
■	■	■	D	A	N	U	B	E	■	R	E	E	S	E
R	U	S	S	I	A	N	■	■	J	A	R	■	■	■
I	N	T	E	N	T	■	Q	U	I	Z	S	H	O	W
S	P	A	T	S	■	M	U	G	G	Y	■	O	R	E
K	I	T	S	■	M	E	A	L	S	■	B	E	A	D
E	L	I	■	B	U	N	D	Y	■	B	L	I	N	D
D	E	C	O	R	O	U	S	■	P	L	U	N	G	E
■	■	■	B	I	N	■	■	W	R	O	N	G	E	D
S	P	O	O	N	■	C	L	I	E	N	T	■	■	■
N	O	B	I	G	D	E	A	L	■	D	I	A	N	A
I	R	I	S	■	D	O	N	E	■	I	N	F	E	R
P	E	S	T	■	T	S	K	S	■	E	G	R	E	T

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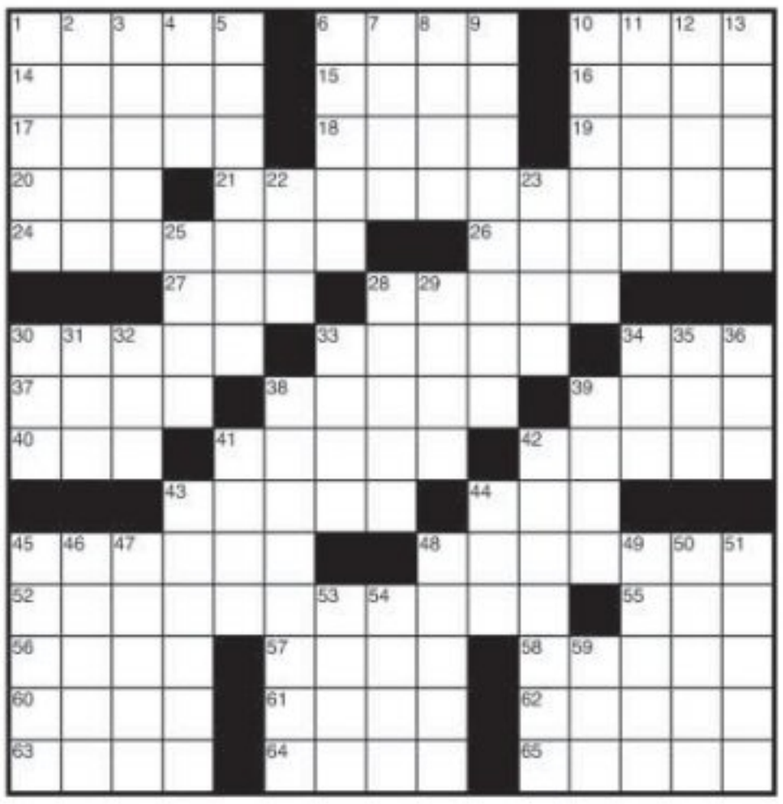

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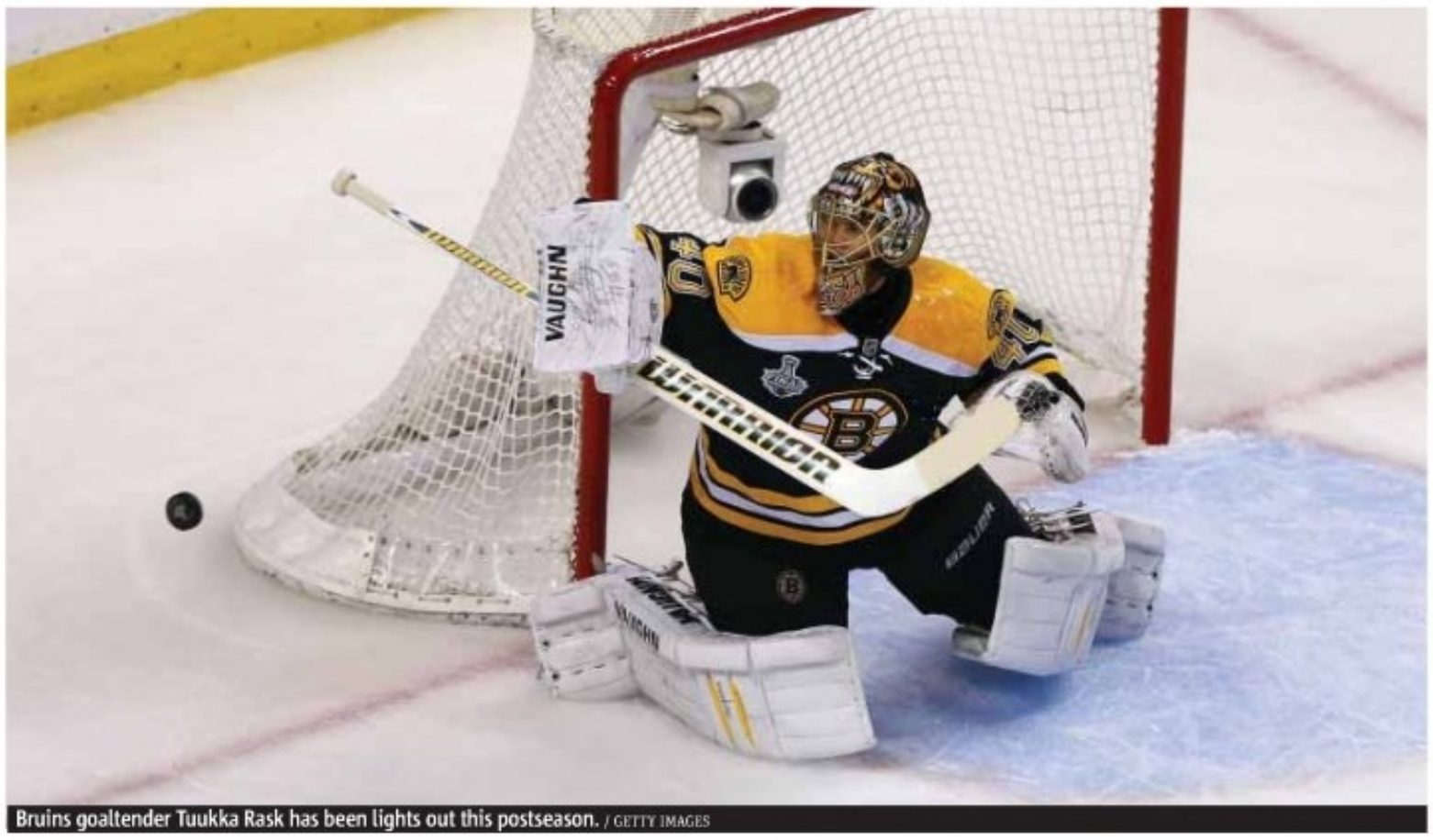
2013 STANLEY CUP FINAL – BOSTON vs. CHICAGO

Bruins just Two-kka wins away from Cup

NHL playoffs. Tuukka Rask is quickly making people forget about the legend of Tim Thomas in 2011.


Bruins goaltender Tuukka Rask has been lights out this postseason. / GETTY IMAGES

The notion seems silly now, but let's remember that when the 2013 NHL playoffs began a month and a half ago, one of the biggest question marks surrounding the Bruins was regarding the ability of goaltender Tuukka Rask.

Sure, he was coming off a very good regular season (19-10-5, 2.00 GAA, .929 save percentage, five shutouts), but his playoff history was checkered at best. Plus, he hadn't appeared in the postseason since 2010. Boston still has plenty of work to do as it holds a 2-1 series lead over Chicago in the Stanley Cup Final, but most agree that if the B's win twice more, Rask is a lock for the Conn Smythe Trophy (playoff MVP) on a team with plenty of otherwise worthy candidates — Zdeno Chara, Patrice Bergeron and David Krejci, to name a few.

There is something ironic about Rask becoming arguably the best goaltender in the NHL when he wasn't even nominated for the Vezina Trophy (best goaltender) during the regular season. Regardless, if the Bruins win this Cup or not, you can count on one thing: Rask, a restricted free agent in the prime of his career at 26, is going to get paid this summer like the franchise goaltender he has proven to be. At the moment, Rask leads the NHL in all four major goaltending categories for the playoffs: wins (14), goals against average (1.64), save percentage (.946) and shutouts (3).

"He was very strong [in Game 3]," said Chara. "He made some big saves, especially when we needed it, so for sure it was a big performance by him."

This run put together by the Bruins and especially Rask gets more impressive by the day. In the past seven games against what were thought to be the top two teams in the NHL, he's recorded all three of his shutouts. In three other games, he allowed just one goal; the lone exception was the Blackhawks' 4-3 overtime win in Game 1. So he's given up seven goals in the last seven games — keep in mind, that includes six OTs.

"He's been focused since day one of the playoffs," Bruins head coach Claude Julien said. "You watch him on off days, and he's quiet, focused and calm. Right now, all his energy is put toward the game, how he needs to get his rest and relax. When the game starts, he's a focused individual."

RICH SLATE
sports@metro.us

Conn Smythe men?

8

Tim Thomas captured the Conn Smythe Trophy in 2011, allowing just eight goals in the Cup Finals. Tuukka Rask has given up just five goals to Chicago thus far.

Healing process

Julien remains Boston Strong

Bruins head coach Claude Julien believes that bringing the Stanley Cup back to Boston could help put smiles on a lot of faces in Boston after April's Marathon bombings.

"I think we can help in probably a large way," Julien said. "Everybody is looking right now for something to cheer about, smile about. I guess it doesn't fix the things or the people that have been lost. That will never be fixed. At the same time, you have to try to heal."

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MLB power rankings | by Ryan Hannable

No. 1

Cardinals (45-25)

The Cardinals continued their consistent play and remain at the top of the rankings this week. They could have fallen out of the top spot by playing their last nine games on the road, but they went 5-4 in that stretch and maintained their major league best plus-102 run differential, as well as the best road record in all of baseball at 25-13. They open up a seven-game homestand Monday against the Cubs and Rangers.

No. 2

Red Sox (43-29)

Even though the Sox dropped three-of-four to the Orioles this past weekend, they still move up a spot with their success over the Rays last week.

No. 3

Athletics (42-30)

The Athletics continue to surprise the baseball world and are now atop the AL West following a sweep of the Yankees.

No. 4

Reds (43-28)

A 5-2 week meant they kept pace with the division-leading Cardinals, but the Reds cannot gain much ground on them.

No. 5

Braves (42-29)

Atlanta took the final two games of its weekend series with the Giants, but those were its only two wins this week.

No. 6

Pirates (41-29)

The Pirates continue to hang tough in the difficult NL Central, and were trailing the Cardinals by just three games at the start of the week.

No. 7

Orioles (40-31)

Baltimore won three of four games against the Red Sox at Camden Yards this past weekend and are now in second place in the AL East.

No. 8

Tigers (39-29)

After struggling for a few weeks, the Tigers have turned things around and have a stranglehold on the AL Central.

No. 9

Rangers (39-31)

Texas had the worst week of the top teams in the rankings and dropped five spots. They had lost six in a row before Monday night.

Sounds of silence

Ainge wants Rivers back after deal falls through

Celtics head coach Doc Rivers will discuss his future with the organization today in Boston with C's president Danny Ainge, according to Yahoo.

A blockbuster deal that would have sent Rivers and Kevin Garnett to Los Angeles was nearly completed on several occasions Monday, but fell through yesterday after the Clippers did not want to give up two first round picks. Rivers is said to be "unsure," according to Yahoo, about returning to the Celtics after the deal was so close to going down. The Clippers are moving forward in their coaching search, as they have reportedly already talked with Byron Scott, Brian Shaw and Lionel Hollins. As far as talks between the C's and Clips resuming, an L.A. source told ESPN, "Never say anything is completely dead in the NBA." METRO

Investigation

Hernandez questioned in homicide case

Patriots tight end Aaron Hernandez was questioned by Massachusetts State police in North Attleboro, Mass., after a dead body was found less than a mile from his home Monday.

Hernandez is not considered a suspect in the possible homicide of a 27-year-old Boston man, but a Sports Illustrated report said that he may have a connection to the deceased person.

A rented vehicle in Hernandez's name is considered a key piece of evidence in the investigation, according to the Sports Illustrated report. A jogger reportedly found the dead body less than a mile from Hernandez's home on Monday.

Hernandez caught 51 passes and found the end zone five times for the Pats last season. MATT BURKE

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